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Coat rack in suicide turned into party display: TMZ

JENKINS The infamous coat rack used by reality show contestant Ryan Jenkins to hang himself was decorated and turned into a morbid display at a Halloween party.

The rack was removed and given by the former manager of the Thunderbird Motel to a friend last month after the room's new occupant complained it "creeped him out" and kept him awake at night, according to tmz.com.

In a photo posted on that website, a woman is seen dressed as a devil in front of the coat rack. Behind it, on what looks like a piece of yellow cardboard, is written Official Ryan Jenkins Last Stop. **METRO CANADA**

News on the Move

What's this barcode for?
Learn how to scan the barcode with the instructions at the top of pg 3

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Funny girls finish last?

Celebrity Buzz pg 26
Hookup buzz baffles Lohan

Style pg 18

Elegance on the catwalk

On the web

Visit metronews.ca for news updates

World Series **Bronx Bombers back on top**

NICK LAHAM/GETTY IMAGES

The New York Yankees celebrate after their 7-3 win against the Philadelphia Phillies in Game 6 of the 2009 MLB World Series at Yankee Stadium yesterday in the Bronx borough of New York City, which gave them their 27th championship. **Story, page 12.**

Fallout over Flames

AHS fires manager who allowed vaccine for hockey team

Flu Outbreak

DARREN KRAUSE
darren.krause@metronews.ca

With a national microscope affixed squarely on them, Alberta Health Services axed a mid-level manager after H1N1 vaccinations were given last Friday to the Calgary Flames and their families.

The AHS issued a statement yesterday, noting the disciplinary action taken against the "most senior staff member involved" after reports of the Flames receiving the vaccine surfaced Monday.

Roman Cooney, senior vice-president of communication for the AHS, said privacy and legal reasons prevented him from discussing the employee's specific job, but noted this person had not spoken to his or her superiors about making the vaccine available to the Flames.

"It would not have been approved if it had been discussed at a higher level in the organization," said Cooney, noting it was against AHS protocol to hand out the vaccine, even though this person had the authority.

"They released the vaccine inappropriately. If they had been following the protocols, yes, that person is in a position to authorize its use."

Calgary Flames president Ken King told a national audience on yesterday's QR77's broadcast of the Charles Adler Show that he scrutinized the process and was assured everything was "above board" with the AHS.

King was apologetic about the situation and that it cost someone his or her job.

"Frankly, I wish this person would have said no to us. Had they, none of this would have existed."

Farm team also jumps queue

• A Fraser Valley, B.C., doctor may be investigated by the College of Physicians for giving the Abbotsford Heat — the farm team for the Calgary Flames — the H1N1 vaccine, jumping the queue meant for at-risk patients.

Dr. Perry Kendall, B.C.'s health officer, said the team wasn't given permission to get early access to the shot.

"The vaccine is scarce and we're trying to focus on people with underlying health conditions," Kendall said. **KRISTEN THOMPSON/ METRO CANADA**

Twitter reaction

• @Verlin come on, Calgary Flames players never realized they were getting ahead of others when they got their H1N1 shots??? #FAIL #Flames

• @that_angela #Flames do commendable community-service work. Let's see them volunteer at the #H1N1 inoculation lineups if they have time.

• @dchymko Glad to hear AHS canned the staffer who let the #flames jump the #h1n1 queue. Illustrates how stupid this whole thing has become

• @2mins4hockey Good — unless the person is a scapegoat. RT @joeburkel Alberta Health apologizes, fires official over Flames' flu shots

Clinics reopen for kids under 5

Flu Outbreak

DARREN KRAUSE
darren.krause@metronews.ca

VACCINATION Protocol for Calgary H1N1 flu clinics will be noticeably different as Alberta Health Services re-starts its vaccine campaign today.

Armed with a new Stampede Grandstand clinic, nurses will be vaccinating only those children who are aged six months to under five years as of Nov. 1.

The deputy medical officer of health, Dr. Judy MacDonald, said updated line management would be the most noticeable change, including a screening process requiring parents or guardians to bring proof of age for their children.

MacDonald also said a sort of number or bracelet system will also be in place for those lining up outside the clinics.

"The intention is to be able to deal with lines so we don't have those long waits that they had before," said MacDonald, who also indicated that only the "well" will be vaccinated during this new phase.

The province had closed H1N1 clinics last week after a deluge of Albertans flooded clinics, leading to wait times nearing six hours.

Pregnant women will be able to access the H1N1 vaccine tomorrow.

What to expect

- Eligibility signage
- Security
- Screening station
- Wristband or number issued
- Registration and vaccination

ShareYourViews
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SCANLIFE

Local

Bon Jovi to headline Stampede

Still nearly nine months away, the Calgary Stampede announced its first headline act set to perform during the 2010 Calgary Stampede. Bon Jovi will hit the Greatest Outdoor Show on Earth during the 10-day show on July 14 — and it will be the only Western Canadian arena show in the band's 30 country, 135 show The Circle World Tour.

METRO CALGARY

METRO INTERNATIONAL NEWSPAPER OF THE YEAR 2009 Festival of Media Awards

Calgary in brief

ANIMALS Staff at the Calgary North Veterinary clinic found a severely injured Doberman Pinscher puppy in the parking lot outside their building yesterday morning. The Calgary Humane Society is asking for help in finding whoever is responsible for the dog's wounds, which include head injuries and a broken front leg. Anyone with information on who may have dumped the puppy in the parking lot is asked to contact the humane society. METRO CALGARY

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WHAT'S ONLINE TODAY

Read Mark Boyle spent a year in self-imposed exile from consumer society, and he's just fine, at **metronews.ca/world**

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'Men died for our freedoms'

City resident angered over state of Calgary's war memorial

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Disgraceful is how a Calgary man with family ties to the First World War and Second World War describes the condition of a war memorial — the cenotaph — located at 12th Avenue and 4th Street SW.

"The denigration of the monument has occurred over some years and it's being misused and disrespected," Lawrence Oshanek alleges.

Oshanek's father served in both World Wars and both have military ties and Oshanek says the issue is close to his heart.

"These young men died for our freedoms and it's simply disgraceful."

Among the problems, Oshanek claims, is that wreaths have been laying on the monument since Christmas 2008 — when they should be removed — and city workers park on the grounds.

ROBIN KUNISK/FOR METRO CALGARY

Lawrence Oshanek is upset with the condition of at city war memorial at Central Memorial Park on 4th Street SW.

City of Calgary parks official Doug Marter said he is aware of incidents of workers parking in the area but said they were told to remove their cars right away.

"Part of the problem is the park is in the middle of major redevelopment, and they are working there. It's a closed construction site," he said, adding the work would be done in spring 2010.

Oshanek contacted Ward 12 Ald. Ric McIver who said he will look into the concerns further.

Bars free to collect a pint of information

KRISTA SYLVESTER
krista.sylvester@metronews.ca

REGULATIONS Alberta bars now officially have the right to collect personal information from their patrons, according to the provincial government.

Amendments to the Gaming and Liquor Act officially became provincial law this week and allow bar operators to collect a patron's name, age and photograph to decide if they can enter the premises.

"This is serious stuff and bar operators must ensure they are behaving properly and responsibly, and that only those who truly deserve to be excluded are placed on any kind of 'bad guy' list," Alberta's privacy commissioner Frank Work said, adding guidelines have been developed to assist bar owners in collecting information.

But the new rules don't sit well with Matt Kozac as someone who enjoys going out a couple nights a week to bars.

"I'm not hiding anything but it bothers me they will be able to have that information at their fingers. How do I know who is working the door?" he asks.

"They may as well add me to Facebook too, they will find out more information that way."

Lotteries

Lotto 6/49: 2, 7, 8, 18, 20 & 37 Bonus 12
These results are not official.

CALGARY OBITUARIES

CalgaryObits.com notes the following deaths in our community:

AUCHSTAETTER, Lincoln (Linc) Neil
BELDEN, Mary Lou (nee Joblin)
BOB (nee Janzen), Sara Katherine
CONGO, Eunice
DEETER, Doris Elaine
DODDRIDGE, Robert (Bob) Leo
ENGEL, Edward Karol
GARDNER, Gene
GREEN, Alice Fay
HILL, Gillian (Gill)
ISSLER, Paul
JACKSON, Russell
LEONARD, George
LIPSEY, Robert Bob George
LORIA, Caterina
MacDOUGALL, Evelyn L
MAURER, Sandra Gayle (nee Glanville)
McCABE, Sylvia Grey (Mom)
McCLEAN, Helen (nee Harder)
McINTOSH, Elizabeth Betty Berry
PAYNE, Howard Alan
SALIBA, Hassib Wade
SCHAFFER, Elsie (nee Rutschke)
SCHREIBER, Edna Ann
SCOTT, George Ross
SHEARS, Loretta Mae
SHER, Ralph
SHERMAN, Marjorie Agnes
THOLENAER, Bruce Arnold
TROTH, Laurel

For full obituaries go to CalgaryObits.com

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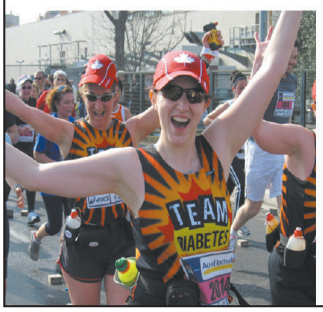

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SAIT acquires new equipment for diagnostics centre

SAIT Polytechnic's Centre for Advanced Diagnostic Imaging recently purchased 10 nuclear medicine technology work-stations, seven ultrasound machines and three digital X-ray systems with funding from Alberta Advanced Education and technology. The equipment will allow students to train on the latest technology. METRO CALGARY

Cutbacks rally set for PC convention

PROTEST Hundreds of Alberta Union of Provincial Employees members, dubbed the "Stop the Cuts" coalition, and Friends of Medicare supporters from Calgary and Edmonton will rally outside the Progressive Conservative convention in Red Deer on Saturday against proposed government cuts.

"It's up to us to dig deeper and expose the myths behind this," AUPE president Guy Smith said. "Albertans need to know the truth." METRO CALGARY

MRU grants first crop of degrees

SCHOOL For the first time, graduates from Mount Royal will be "university" grads, as the post-secondary institution will celebrate its first-ever convocation as a university tomorrow. The event, held at the Triple Gym at 2 p.m., will also see Harold Kvisle, president and CEO of TransCanada Corp., awarded Mount Royal University's second honorary degree. METRO CALGARY

No wires attached in NW

Hawkwood first area in Canada with free wireless Internet

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Internet service providers beware — a northwest Calgary community is the first in Canada to get free Wi-Fi.

The unique innovation is the first of its kind in Canada and Hawkwood was chosen as the first community, according to Alan Dubreil, VP of marketing for GoNaeco.

"Everyone in the neighbourhood will have access to free Internet, and they are very happy. But I think more than having free internet, everyone is happy to have a choice," he said.

Currently throughout the month of November Enmax crews are installing 23 wireless nodes throughout the community on new light standards.

The free Internet service will be low speed but users have an option to upgrade to high-speed at rates lower than competition, he added.

ROBIN KUNISKI/FOR METRO CALGARY

Alain Dubreil, vice-president of marketing and business development at GoNaeco, stands under one of the free Wi-Fi boxes set up in the Hawkwood community. Dubreuil's company is offering free wireless Internet to all who live within range.

"If everything goes well in the neighbourhood we plan to extend to other communities as well."

Dubreil said the service is directed towards the community and the home page will feature upcoming events and services in the area for all users.

Hawkwood resident Sarah Braniff wasn't aware of the service, set to begin on Dec. 1, but said she would love to try it out.

"It's free — you can't go wrong with that. I would be interested in using it, and I'm sure the kids will love it even more," she said.

Fundraiser's founder still kicking it to fight cancer

KRISTA SYLVESTER
krista.sylvester@metronews.ca

After six years of the Mike Metcalfe 30-Hour Soccer Marathon, there's one major difference — this time the cancer patient is the cancer survivor.

Mike Metcalfe started the fundraising soccer marathon six years ago after he discovered he had testicular cancer, but as of Nov. 1, 2009 he was declared cancer free.

"It was really important to me to continue this on though and be able to celebrate my successes," Metcalfe said.

The marathon kicks off Friday at 4 p.m. and runs straight through until Saturday at 10 a.m. and as of now already 900 people are registered to play to raise the target goal of $80,000.

"It's a lot of fun for a great cause and anyone of any age or skill level can play."

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Beef producers turn to feds for help
Beef producers are asking the Harper government for help, saying they face a "perfect storm." They say mounting debt, inadequate insurance, unfair trade barriers and a strong dollar handicaps their foreign market prospects. THE CANADIAN PRESS

Canada

Hillier to be questioned on torture

A special Commons committee wants to question Canada's former top military commander over the handling of Afghan prisoners. Gen. Rick Hillier is among the witnesses to be called before the committee on Afghanistan. The hearings over the next few weeks will look at what the government and senior commanders knew about the possibility of torture in Afghan jails and whether there was a cover-up. It's unclear how many of the hearings will be public. THE CANADIAN PRESS

News in brief

2010 TICKETS New Democrats say MPs have no right to walk to the front of Olympic ticket queue while the rest of Canadians line up. NDP MPs are refusing the opportunity to purchase Winter Olympic tickets set aside for sale to parliamentarians and are urging their colleagues in the House of Commons to follow suit.

SWINE FLU Canadians have been lining up to get an H1N1 flu shot, but it may not be just themselves they have to worry about. Some pets may also be susceptible to the disease.

THE CANADIAN PRESS

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Ottawa **Star power**

ADRIAN WYLD/THE CANADIAN PRESS

Astronaut Julie Payette presents Prime Minister Stephen Harper with a flag and mission emblem flown on Space Shuttle Mission STS-127 on Parliament Hill yesterday. A Canadian Space Agency (CSA) astronaut, Payette has completed two spaceflights, logging more than 25 days in space.

Gun registry's end in sight

Commons votes in principle to kill controversial list

The national debate over gun control that many Canadians thought had been resolved a decade ago has roared back to life after the House of Commons voted in principle yesterday to end the long-gun registry.

The minority Conservative government got help from 12 New Democrats, eight Liberals and one Independent to pass a private member's bill that would kill the registry, expunge records on more than seven million firearms, and plow under a $1-billion taxpayer investment.

The 164-137 vote in favour of Bill C-391 is a big victory for the Tories, who have been fighting for years to end what they call a "wasteful, inefficient" registry.

> **"The issue is to find a system of gun control that works for all Canadians."**
> Liberal Leader Michael Ignatieff

The bill now goes to a Commons committee for study — and possible amendment — setting the stage for another heated national argument over the best way to curb gun violence.

Regardless of what happens next, it appears the lid has been pried off the gun box.

Conservatives say the registry is a billion-dollar waste that targets honest gun-owners while doing nothing to fight crime.

Proponents for the registry, including police and victims-rights groups, say the registry is a useful investigative tool and has led to more responsible gun ownership, reducing suicides and deadly crimes of passion.

Leader Michael Ignatieff said earlier Wednesday that his Liberals, who brought in the long-run registry in response to the December 1989 massacre of 14 women at a Montreal college, still support "the principle" of gun control.

But he added: "the issue is to find a system of gun control that works for all Canadians — that works in rural Canada, that works in urban Canada."

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Lethbridge: Park Place Shopping Centre
Red Deer: Bower Place
Rocky View: CrossIron Mills

U.S. state to begin abortion notification for teens
Illinois is clear to start enforcing a long-debated parental notification law for teen girls seeking abortions after more than a decade of legal challenges. THE ASSOCIATED PRESS

World

Tale of two protests

The contrasts were vivid: Pro-government supporters chanted "Death to America" and stomped on U.S. flags yesterday while not far away, hundreds of opposition protesters denounced Iran's leaders and appealed to America's president to choose sides.

"Obama, Obama, you are either with them, or with us," the anti-government protesters chanted in Farsi, in a video clip widely circulated on the Internet.

The new and startling appeal to U.S. President Barack Obama came as Iran's opposition protesters returned to the streets in large numbers for the first time in nearly two months.

Authorities were ready with the same sweeping measures they used to quell fierce election-fraud protests this summer and early fall: Sending paramilitary units to key locations to fire tear gas and beat people with batons.

The day — marking the 30th anniversary of the 1979 U.S. Embassy takeover — has major symbolic importance for Iran's leaders.

Thousands of people attended a pro-government rally called to mark the anniversary outside Washington's former embassy in Tehran.

In all, several thousand protesters joined the marches in various spots across the city. But those numbers were far smaller than at the height of the outrage after claims that Ahmadinejad stole the election by fraud this summer.

Mobile phones were disrupted as was Internet access and text messaging, in another echo of the summer. Yet amateur video like the one appealing to Obama still was posted on Web sites, showing protesters in fall clothes and coats in Tehran's streets.

Some demonstrators were injured and arrested, witnesses said, but a clear number could not be independently obtained. There were no reports of serious injuries. THE ASSOCIATED PRESS

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Russia **Protests turn violent**

DMITRY LOVETSKY/THE ASSOCIATED PRESS

Extreme Russian nationalists beat protesters who confronted them at a rally marking National Unity Day in St. Petersburg yesterday. The new holiday, marking the end of the foreign intervention in Russia in 1612, was created in 2005 to replace the Nov. 7 celebration of the 1917 Bolshevik rise to power.

Railways hope to curb suicides

JAPAN Alarmed by a rise in people jumping to their deaths in front of trains, some Japanese railway operators are installing special blue lights above station platforms they hope will have a soothing effect and reduce suicides.

As of November, East Japan Railway Co. has put blue LED lights in all 29 stations on Tokyo's central train loop, used by eight million passengers each day.

There's no scientific proof that the lights actually reduce suicides, and some experts are skeptical it will have any effect.

But others say blue does have a calming effect on people. "We associate the colour with the sky and the sea," Mizuki Takahashi, a therapist at the Japan Institute of Color Psychology.

"It has a calming effect on agitated people."

Suicide rates in Japan have risen this year amid economic woes, and could surpass the record 34,427 deaths in 2003.

THE ASSOCIATED PRESS

2,000

Approximate number of suicides in Japan last year just from people jumping in front of trains.

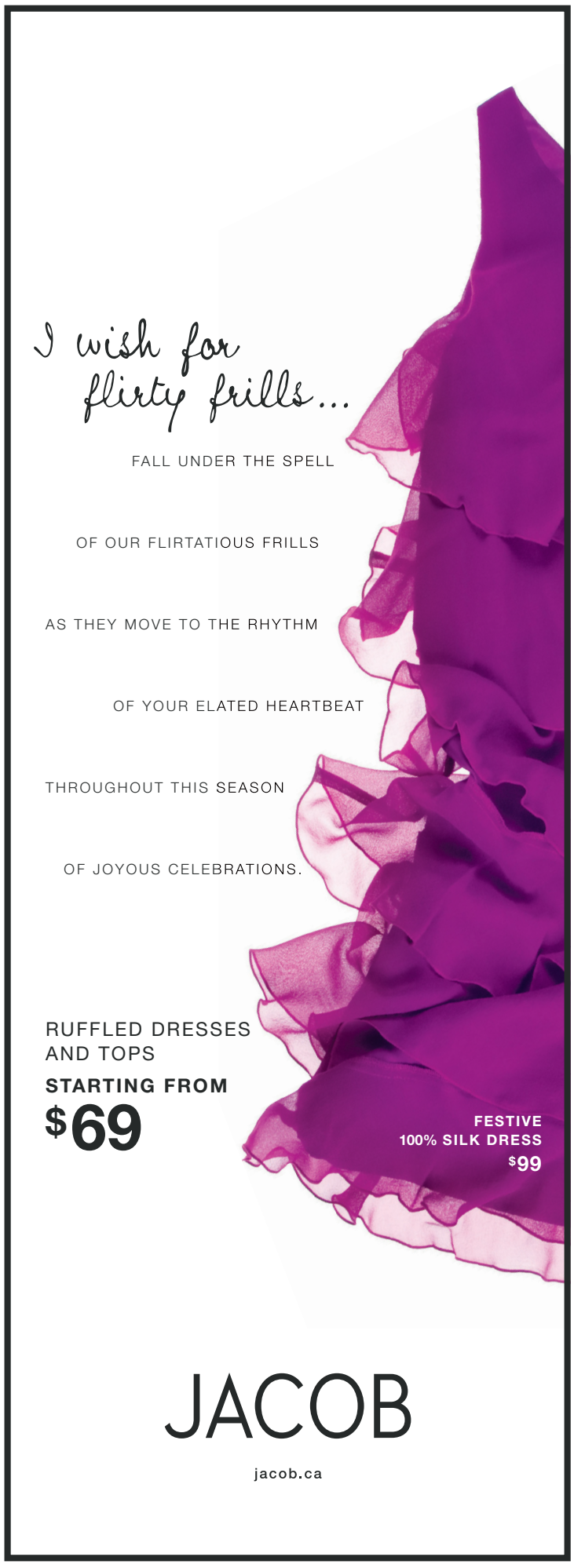
News in brief

MEXICO Three doctors and a nurse have been arrested for allegedly selling newborns after telling mothers their babies had died at a private hospital in Mexico City, authorities said yesterday. Police uncovered the scheme after one of the women learned her baby was alive and had been sold to another woman for about $1,200, said Luis Genaro, the capital's deputy attorney general. The woman gave birth at a hospital in 2008, Genaro said. He said she told authorities she heard her baby cry but when she asked to see the child, doctors told her she had to wait until the effects of the anesthetics wore off. Later, doctors told her the baby died and had been cremated.

U.S. Voters in the state of Maine repealed a law that would have allowed same-sex couples to wed, dealing the gay rights movement a heartbreaking defeat in the corner of the country most supportive of gay marriage. Gay marriage has now lost in every single U.S. state — 31 in all — in which it has been put to a popular vote.

TEXAS A former member of a polygamist group has taken the stand in the sexual assault trial of the first group member tried since Texas authorities raided the group's ranch last year. Rebecca Musser testified yesterday that jailed leader Warren Jeffs kept detailed notes on his interactions with church members because he believed God would hold him accountable.

THE ASSOCIATED PRESS



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Comment

Do funny girls have the last laugh?

Relating

Ask just about anyone what they're seeking in a potential mate and you're likely to get the same answers: Nice. Smart. Cute. Funny. Employed.

But what if the person sitting next to you at the movies is REALLY funny? What if they are a veritable comic genius.

If you're a woman, you're probably going to want to see him again. If you're a man, you're probably going to bolt after the credits.

An unfair generalization? Maybe. But owing to my observations and personal experiences, I can't help but wonder (with apologies to Carrie Bradshaw) — when it comes to dating, do funny girls finish last?

Hey, let's ask science!

"Research indicates that, when asked what traits they find attractive in a potential partner, both men and women rate a sense of humour as being very desirable," says psychology Prof. Dr. Rod Martin. "However, it appears that there is a difference in what men and women mean by a 'sense of humour.' What women mean by a sense of humour seems to be someone who will make them laugh, whereas what men mean seems to be someone who will laugh at their jokes."

Martin conducted a study where young men and women were asked to select traits they found most attractive of members of the opposite sex. "Women were more likely to choose the one who made others laugh, whereas men were more likely to choose the one who laughed at others' jokes," he says.

"Being funny can help in the beginning, but it can be a novelty that wears off," says comic Michelle Shaughnessy (myspace.com/michelleyshaughnessy). While meeting friends of a guy she was dating and making them all laugh, her date took her aside. "I thought he was going to tell me how great I was doing and how he was happy that his friends liked me," she says. "He informed me that when it comes to the guys, he was the funny one and I was making him uncomfortable."

But for all the men out there who find funny women a turnoff, there are some gents who appreciate a quick female wit. Such men are clearly smart enough to hold on tight when they snag themselves a funny girl.

And it's those lucky fellas who will have the last laugh.

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.

Views

Step in right direction for Kuwaiti women

GlobalView

Within a week in October, Kuwaiti women won two small victories that were baby steps for womankind, but a nightmare come true for Muslim fundamentalists, who for decades blocked political rights for women.

First, Kuwait's constitutional court ruled married women could obtain passports and travel without their husbands' permission. The court said the previous requirement was in violation of guarantees of freedom and gender equality in the constitution.

The second victory came when the constitutional court dismissed a case raised by an Islamist voter who claimed that two of four women elected to parliament in May — Rola Dashti and Aseel al-Awadhi — cannot be members of the legislature because they don't wear headscarves. The other two female parliamentarians wear headscarves.

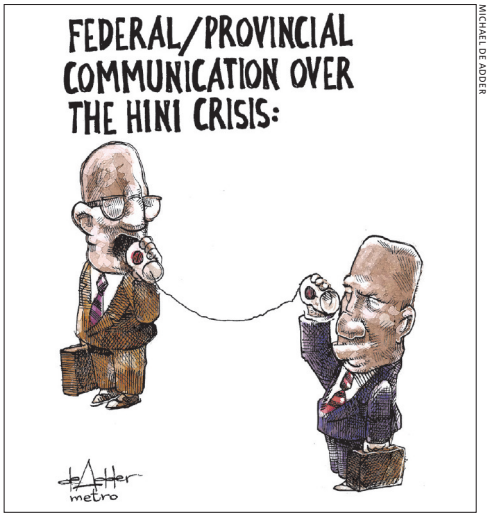
Headscarves have nothing to do with being a competent parliamentarian but everything to do with Muslim fundamentalist fear of women's rights.

For years, those fundamentalists stood in the way of women's political rights, making sure Kuwait's parliament remained a boy's only club.

Islamists forget they don't hold the copyright to Islam or its interpretations and they forgot that for many of us Muslims, the essence of Islam is equality and justice, not a hatred of women or laws to curtail their rights.

All four women parliamentarians in Kuwait are Muslim. Two wear headscarves. Two don't. That is the way it should be — an exercise of free will based on individual conscience and not the misogyny of fundamentalists.

Mona Eltahawy is an award-winning Egyptian-born commentator and public speaker on Arab and Muslim issues. She reported on the Middle East for 10 years before moving to the U.S.



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Fed keeps interest rate at record low

In a decision that was widely expected, the U.S. central bank kept the target range for its bank lending rate at zero to 0.25 per cent. The U.S. Federal Reserve held interest rates at record lows yesterday. THE ASSOCIATED PRESS

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Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

From bear to bull, say business leaders

Canada's business leaders are turning bullish about the economy after a year of doom and gloom, a new survey suggests.

The Conference Board of Canada's fall business confidence survey finds corporate leaders believe the recession is finally over and that the economy will rebound in the next six months.

The mood of confidence is particularly strong considering that recent indicators, particularly gross domestic product data for July and August, were disappointing.

Yet 63 per cent of business leaders surveyed said they expect the economy to improve over the next half-year, as opposed to only seven per cent who thought it will deteriorate.

Significantly, about a year ago the responses were almost exactly reversed.

The 16-point surge in the fall survey brought the confidence index to 97.8, the highest level since 2007.

The survey of about 2,000 representative firms from across the country was conducted between Sept. 14 and Oct. 22.

THE CANADIAN PRESS

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Scan this barcode for more Business news on your smartphone.
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Business in brief

TECHNOLOGY Consumers looking to upgrade their cellphones have a new acronym to learn: HSPA. All three of Canada's big wireless providers are buzzing about the new technology, which promises to make smartphones more fun and powerful. Bell's new network is alive today, while Telus launches Thursday.

THE CANADIAN PRESS

Companies turning a healthy profit

Flu Outbreak

OUTBREAK Many Canadian companies expect the H1N1 flu to hand them staff shortages and dropping revenue, but others are looking to turn a healthy profit.

Medical equipment maker Noveko International Inc. says it's received so many orders for its face masks that it's had to turn some down, while demand for its hand sanitizer has gone through the roof.

Montreal-based AXA Assistance has launched a pandemic assistance hotline to help companies reduce the disruption in their day-to-day activities due to the flu. Meanwhile, Glaxo Smith Kline's facility in Quebec City has already produced seven million doses of H1N1 vaccine.

THE CANADIAN PRESS

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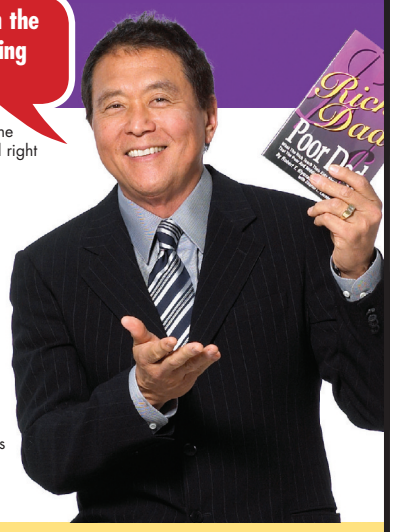

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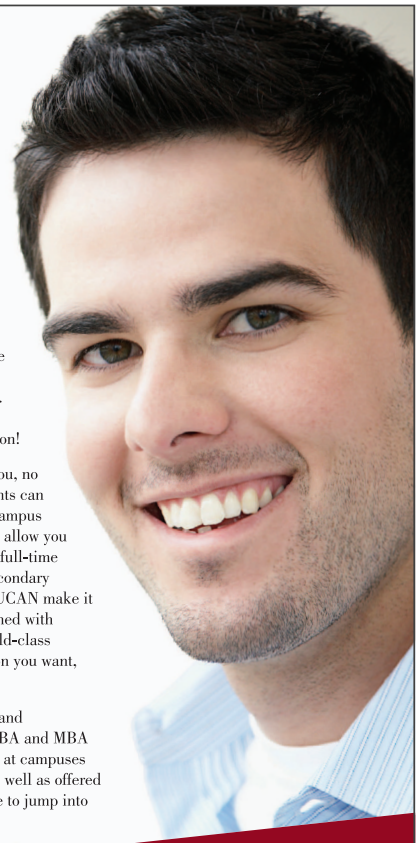

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Padilla shot in leg

Los Angeles Dodgers pitcher Vicente Padilla is recovering from a bullet wound in his leg after a target shooting instructor accidentally shot him. Dr. Eduardo Reguera said Padilla, who signed with the Dodgers in August, didn't need surgery after spending time at Managua's Metropolitan Hospital. THE ASSOCIATED PRESS

Sports

Order of Canada for Weir

Mike Weir, left, will become a member of the Order of Canada this morning and is pleased that the Governor General's office noted his charitable work in announcing his investiture. The former Masters champion will be one of 35 Canadians to be honoured during the ceremony at Rideau Hall in Ottawa. THE CANADIAN PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Yankees win Series

Hideki Matsui drives in six runs in victory, named MVP

N.Y. wins Series 4-2

Phillies 3 New York 7

PHILLIES AT YANKEES

Paint New York in pinstripes.

Nearly a decade after their dynasty ended on a blooper in the desert, the New York Yankees are baseball's best again.

Hideki Matsui tied a World Series record with six RBIs, Andy Pettitte won on short rest and New York beat the Philadelphia Phillies 7-3 in Game 6 last night, finally seizing that elusive 27th title. It was the team's first since winning three straight from 1998-2000.

Matsui powered a quick rout of old foe Pedro Martinez — and when Mariano Rivera got the final out it was ecstasy in the Bronx for George Steinbrenner's go-for-broke bunch.

What a way for Alex Rodriguez, Derek Jeter and crew to christen their $1.5-billion-US ballpark: One season, one championship.

And to think it capped a season that started in turmoil — a steroids scandal involving A-Rod, followed by hip surgery that kept him out until May.

About 160 kilometres south, disappointment.

For Chase Utley and the Phillies, it was a frustrating end to another scintillating season. Philadelphia fell two wins short of becoming the first National League team to repeat as World Series champions since the 1975-76 Cincinnati Reds.

A designated hitter with balky knees, Matsui came off the bench in all three games at Philadelphia. Still, he had a huge Series, going 8-for-13 (.615) with three homers and eight RBIs to be named the Series MVP. His go-ahead shot off an effective Martinez in Game 2 helped the Yankees tie it 1-all. THE ASSOCIATED PRESS

JED JACOBSOHN/GETTY IMAGES

New York's Hideki Matsui hits a two-run home run last night against the Philadelphia Phillies in Game 6 of the World Series at Yankee Stadium. Matsui was named Series MVP.

Iginla scores pair to lift Flames over Stars

NHL RESULT

Calgary 3 Dallas 2 (OT)

FLAMES AT STARS

HOCKEY Jarome Iginla scored on a power play at 1:25 of overtime to give the Calgary Flames a 3-2 comeback victory over the Dallas Stars last night.

Daymond Langkow tied it for the Flames with 49 seconds left in regulation and goalie Curtis McElhinney on the bench for an extra attacker. Iginla passed in front to Langkow, who backhanded the puck past Marty Turco.

Dallas drew a delay of game penalty at 1:06 of overtime, and the Flames needed only 19 seconds to capitalize when Iginla — who also scored in the second period — fired a shot from the left point that got past a screened Turco.

McElhinney, the backup to Miikka Kiprusoff, made 38 saves and denied a second-period penalty shot in his second start of the season and 21st NHL game.

Turco, back after missing two games due to flu-like symptoms, stopped 19 shots.

THE ASSOCIATED PRESS

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Sports in brief

OLYMPICS Team Canada will be unveiled on New Year's Eve. Steve Yzerman's management group has selected Dec. 31 as the day it will announce the 23-man roster for the Olympic men's hockey team. Hockey Canada is still working out details of where the announcement will be made.

NBA Disgraced former NBA referee Tim Donaghy was a free man yesterday after serving most of a 15-month sentence in a gambling scandal.

BAN The European Handball Federation has given a three-year ban to the coach of an Austrian women's handball team who ran onto the court and stopped an opponent from scoring. THE ASSOCIATED PRESS

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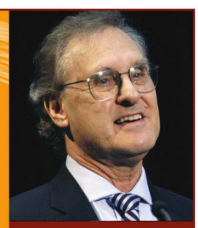

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Eagles' Westbrook says he will play this week

Philadelphia Eagles running back Brian Westbrook says he will be back on the field for Sunday's game. THE ASSOCIATED PRESS

Liverpool's Champs League chances hit

Liverpool's chances of progressing in the Champions League took a big hit yesterday when the five-time European champions conceded late to draw 1-1 at Lyon, which advanced to the next round.

Liverpool looked to have secured victory when substitute Ryan Babel scored with seven minutes left, but Lisandro took advantage of a defensive error to equalize in the last minute and put the French team through.

With Arsenal moving to the verge of qualification with a 4-1 win over AZ Alkmaar, Liverpool is in severe danger of becoming the first English club to fall at the group stage since Manchester United in 2005.

Even wins in its final two games may not be enough.

Also yesterday, Sevilla advanced to the knockout stage after its 1-1 draw at Stuttgart and Inter Milan scored twice in the last four minutes to revitalize its chances with a 2-1 win at Dynamo Kyiv.

Liverpool defender Sotiris Kyrgiakos tumbled to the ground while contesting a long ball into the area, letting Lisandro steady himself and shoot past goalkeeper Pepe Reina.

"We deserved to win," manager Rafa Benitez said. "To concede a goal in the last minute is really unlucky. I will see the replay and analyze carefully."

THE ASSOCIATED PRESS

"We deserved to win. To concede a goal in the last minute is really unlucky. I will see the replay and analyze carefully."
Liverpool manager Rafa Benitez

Toyota opts to leave F1

MOTOR SPORTS Toyota is pulling out of Formula One racing. The world's largest automaker announced yesterday it needs to cut costs and focus on its core business.

"Based on the current economic environment, we realize we have no choice but to withdraw from Formula One," Toyota president Akio Toyoda said at a news conference.

Toyota follows Honda Motor Co. as the second major Japanese automaker to withdraw from the sport in the last 11 months.

THE ASSOCIATED PRESS

Sports in brief

POLO Random drug tests will begin next year for horses in polo matches in the U.S. after the deaths of 21 elite horses in Florida that were injected with an incorrectly mixed supplement.

MLB Detroit Tigers all-star third baseman Brandon Inge has undergone surgery on both knees. THE ASSOCIATED PRESS

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Energy-smart design

When decorating our homes, we tend to consider things like beauty and comfort, the durability of pieces we might buy or the image they project. But how many of us stop to consider our energy bills?

Energy-smart design goes beyond choosing Energy Star-rated appliances or switching to compact fluorescent bulbs, although both are good ideas. Today's experts see opportunities to conserve energy in nearly every aspect of home design.

There are "so many things that look gorgeous and totally save you money," says interior designer Brian Patrick Flynn.

Flynn and fellow designers Mallory Mathison and Janine Carendi share their energy-wise secrets below.

SARAH DORIO PHOTO

This loft, decorated by Brian Patrick Flynn, is protected from sun fading and intense heat with a UV-resistant window treatment.

WINDOWS

Add a layer of heavy "blackout" lining to the back of draperies (DIY or hire a seamstress), Flynn says. "It makes the drapes hang better, and gives them a richer, more full look," he says. The barrier helps keep out noise pollution, as well as light in summer and cold in winter, he says.

As you do with clothing, insulate with layers: Mathison suggests layered window treatments "with a wool sheer and then an outer panel" of heavier fabric.

Check all windows for drafts, Carendi says, and plug holes, or consider replacing windows or repairing window frames. "You would be shocked how much heat you lose," she says, from windows that aren't properly sealed or insulated.

All three designers recommend UV-protectant film, made by 3M, to keep heat out in summer and protect furniture from fading (bonus: some versions also enhance security).

LIGHTING/ELECTRONICS

Swapping out bulbs is a great energy-saving first step. The earliest generations of compact fluorescent bulbs gave off a harsh light that turned off some consumers, but newer versions offer softer, more appealing light.

Next, Carendi recommends replacing old dimmers with energy-smart models (she likes Lutron).

The designers also suggest using power strips or other devices that make it simpler to switch off electronics. Eliminating energy usage from items you don't use overnight can provide real savings.

FLOORS

Add thick, warm, wool area rugs. Warm feet may help you resist cranking up the heat, says Mathison, and the sight of a plush rug can make you feel cosier. You can keep lightweight rugs for summer, but swap them out when temperatures drop: "If you have standard sea grass rugs," says Mathison, "then in winter try adding a wool or cotton flat-weave rug." She also mentions radiant-heated floors.

To warm up stairs and hallways, Flynn has a neat tip: Avoid the expense of having custom rugs made for these narrow spaces by buying a rectangular area rug and having it cut into strips measured to the correct width. Have the strips bound (most carpet stores will do it or recommend a binder in the area) and then attached end-to-end to create a single piece the right length.

CALVIN LOCKWOOD PHOTO

Designer Brian Patrick Flynn used blackout-lined curtains in this room to tackle temperature control.

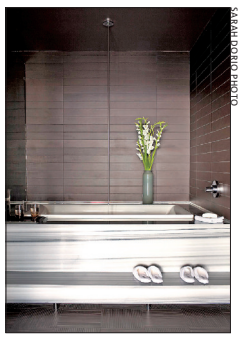
APPLIANCES

It can be wise to invest a bit more upfront for items with a good Energy Star rating.

Also, says Carendi, "train yourself to look beyond styles of appliances that you're comfortable with. Some of the European brands are highly energy-efficient, but they may not have a look that's as comfortable to you at first."

Another way to conserve: Flynn has several clients who have installed built-in coffee/espresso systems that use a predetermined amount of water. Rather than using the power and water needed to brew an entire pot of coffee each morning, they brew a single cup.

THE ASSOCIATED PRESS


SARAH DORIO PHOTO

An energy-efficient bathroom by Brian Patrick Flynn.

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Stylin' Suds

EMMA YARDLEY
for Metro Canada

Doing load after load of laundry can eat up an entire afternoon. Having a properly planned system can really help make this tedious household task go much faster.

"Simple changes can put minutes back into every day," says Clare Kumar, a professional organizer and consultant, and owner of Streamlife, an organizing company. "Place your often-used items close and buy products in sizes that are comfortable to use."

As laundry machines are often in a basement, Kumar suggests installing some bright lighting for spotting and treating stains, and painting the room a soothing light colour.

"It's worth making the laundry room a pleasant place to be," says Kumar. "It is a room generally only seen by family so don't be afraid to have some fun."

Homes in Style

Air-drying is easier on clothes and also saves energy. Create a drying rack system that combines a high rack for shirts and gull-wing racks for laying items flat. Ikea, Jabba, $5.99, and Jall, $7.99, ikea.ca.

Colour-code your sorting system. Debbie Travis Woven PVC Laundry Baskets, $19.99 each, Canadian Tire, canadiantire.ca.

One hundred dollars from the sale of every Turquoise Sky washing machine and dryer is being donated to Ovarian Cancer Canada. Electrolux, a pair starts at $2699.99, pedestal $299.99 each, electroluxappliances.ca.

Having a topnotch iron means you'll have topnotch creases. Panasonic 360° Quick Iron, $89.99, panasonic.com.

Find storage units with cupboard doors to house laundry room tools. Stor-Mor 54 In. Assembled Wall Cabinet, $149, The Home Depot, homedepot.ca.

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What to do with all those leaves

HomeScape
Sylvia Putz
metronews.ca/homescape

After you've exhausted yourself piling up multi-coloured fall leaves and leaping into them, and doing it again for your kids and the neighbour's kids, and so on, you might as well finish the job you started.

Raking leaves and gathering them for useful purposes is as old as the hills. These days, many cities pick them up to use for municipal leaf composting programs.

But you can reap the benefits directly by using your leaves as mulch or as compost in your garden — it's free and you don't have to go far to get it.

Leaf mulch is like gold if you're a gardener. It is made up of leaves that are not yet decomposed, and acts as a barrier to prevent erosion, freezing and windburn in the winter, and retain moisture and keep the soil cool in the summer.

But don't think that thick layer of leaves lying on your lawn will miraculously do the job. One big problem with leaving a layer of leaves on the grass or perennial bed, is that the layer can become impenetrable once it gets wet and matted, killing whatever is underneath.

So if you want mulch, shred the leaves — this way they won't matt. Do this by raking them into a pile and buzzing through them a few times with a lawnmower. Or, you may shred them in a garbage can with an electric lawn trimmer, or a chipper/shredder does the job as well.

It's best to wait until the ground freezes to apply mulch, since applying it earlier can provide nesting materials for rodents intent on building a cozy burrow. But don't wait for the deep freeze either, since frost and extreme cold can damage plants.

When the time is right, pile six inches of mulch on the vegetable and flower beds, and protect sensitive plants, such as roses or rhododendrons.

Arrange it in a doughnut shape around trees and shrubs to protect roots (avoid piling it against bark, as it can be damaged by wet mulch).

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

After you're done playing in the leaves, what do you plan to do with them?

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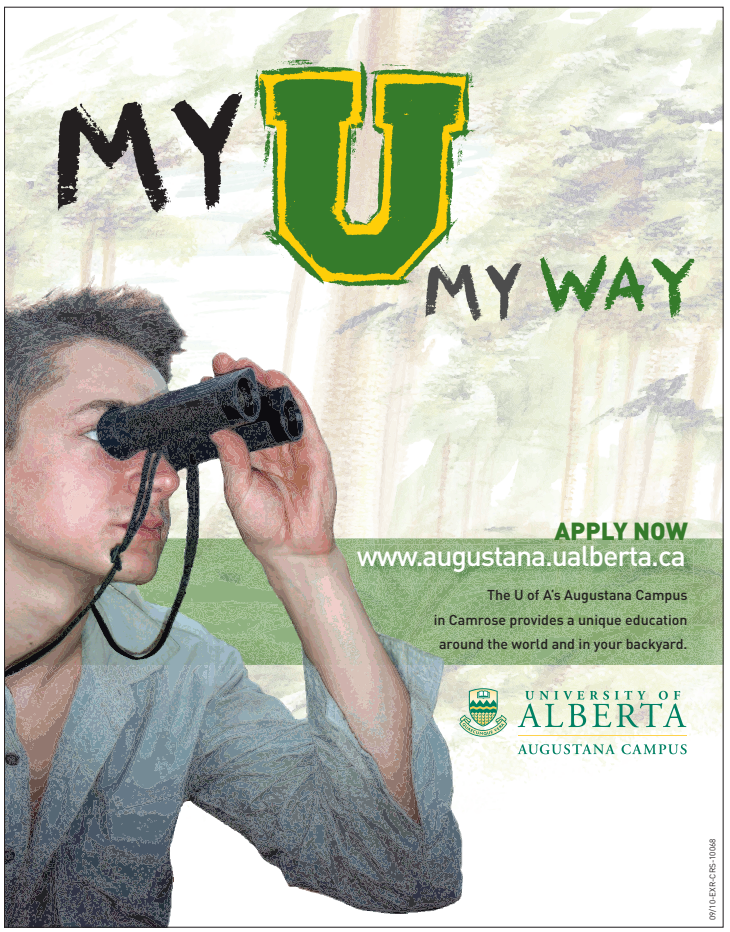
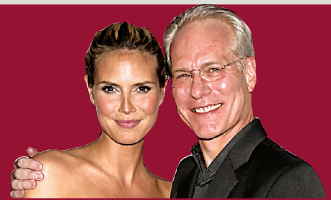


Jean joins eco-conscious footwear line

Grammy award-winning musician and humanitarian Wyclef Jean is collaborating with Timberland on a footwear collection that will launch globally and in Canada in December under ther Timberland Earthkeepers line. METRO NEWS SERVICES

Style



Wii heads to the runway

Project Runway is strutting to Nintendo's Wii. Atari Inc. is developing a video game based on the popular reality TV fashion show. The game, set for release next year, will cast players as aspiring fashion gurus tasked with creating designs and outfitting models. Gamers will then be able to showcase their virtual fashions while walking down a catwalk using the Wii balance board. Project Runway, which formerly aired on Bravo in Canada, is in its sixth season on U.S. cable's Lifetime. THE ASSOCIATED PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Elegance rules the runway

Vancouver Fashion Week kicks off with shimmering, long-flowing gowns

LINA TOYODA
For Metro Canada

Vancouver Fashion Week kicked off Tuesday night, and the runway flowed with eveningwear and empress gowns as the Italian Chamber of Commerce hosted opening night at the Westin Bayshore.

Showcasing Italy's emerging designers were Il Karato's jewellery collection, Elena Vera Stella's eveningwear and Giusari White Revolution's wedding gowns and denim line.

Strapless and long-flowing gowns ruled the show, from princess silhouettes to layered chiffon and shimmering accents of silver and gold. Contrasting textures like lace and faux fur, cinched waists and jewel-encrusted bustiers were seen in the Elena Vera Stella and White Revolution collections.

"We have a number of established designers presenting this year," says Jamal Abdourahman, the producer of Vancouver Fashion Week. "International designers from emerging to established are showing this season and it will be a diverse group of designers."

Each evening will be themed and the line-up this season includes eco-friendly, contemporary, aboriginal and street wear. Tonight will feature a show with all South Asian models and Friday has a segment called Night in Taipei, with the debut of Taiwanese-born, Vancouver-raised Angela Chen's highly anticipated Orange label collection.

"For this season, my whole collection is based on black and white," says Chen. "It's my black and white group. It's a very clean-cut collection. It's all about silhouette, the flowiness of the fabric — the shape of the fabric."

DAN PAPISH PHOTO

Angela Chen's highly anticipated Orange collection (above) — all based on black and white colours — will debut on Friday.

"I went to the fabric store and I saw the black-and-white striped fabric and I just loved it, and I basically designed my line around it. It's just really me. The whole collection is really what I would wear."

Having spent many years in the cities of Vancouver, New York and Taiwan, Chen says all three places have an influence on her understated designs.

The show will feature 13 outfits — her first complete collection.

"My aesthetic is minimalism with a little bit of a feminine touch to it," she says. "I think my clothing is very Zen. The subtle details, the shapes — everything is just really quiet."

She says women these days take good care of themselves, allowing them to have a range of fashion choices. She says her contemporary designs are simply, for modern women.

"It's for all women who feel comfortable and confident wearing them."

Vancouver Fashion Week is continuing to grow in presence and popularity as it reaches its 10th anniversary next year.

"It's so close-knit and it's a little society and they help promote these young designers. And there is so much talent out there," she said.

For emerging designers, Chen says Vancouver Fashion Week is a great place to showcase.

"This year is truly establishing an international event that brings designers, buyers and media together," Abdourahman said.

RICHARD LAM//THE CANADAIN PRESS

Left: A model wears a wedding gown by Italian designer Giuseppe Sarubbo at the inaugural event of Vancouver-Fashion Week. Far left: A model wears a gown by Italian designer Elena Vera Stella.

Paul Hardy

• Acclaimed Canadian designer Paul Hardy will be showing his spring/summer 2010 collection on Saturday, inspired by the juxtaposition of the masculine and feminine. Layered, draping and unshapely silhouettes are paired with sharply tailored garments this season. Titled Patriarchal Femininity, the collection is his interpretation of male/female roles being bended in society, "a shuffling of aesthetic boundaries, and willfully distorting them."

LINA TOYODA/
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Martin, Baldwin Oscar hosts

Steve Martin and Alec Baldwin are taking on the Oscars. The two Hollywood veterans will share hosting duties at the 82nd Academy Awards, the Academy of Motion Picture Arts and Sciences said Tuesday. THE ASSOCIATED PRESS

Entertainment

Tweet things

Dolly Parton, left, and Jessica Simpson tweeted about large breasts. Parton: "Aahhh chiropractor... Hurts so good :-) you lug these around and see if your back don't hurt!" Simpson's reply: "Amen sister." METRO WORLD NEWS

EDITOR: DEAN.LISK@METRONEWS.CA

⊕⊕⊕⊕⊕ A CLASSIC; ⊕⊕⊕⊕ EXCELLENT; ⊕⊕⊕ GOOD; ⊕⊕ FAIR; ⊕ POOR

Underwood tugs at heartstrings

Carrie Underwood

Album: Play On
Label: Arista/Sony
Rating: ⊕⊕⊕½

THE AMERICAN IDOL winner's third disc boasts a stunning array of songwriters and producers with all the attention going to Mike Elizondo on opening tracks Cowboy Casanova and Max Martin on Quitter. These are the brain-trust hits designed to further elevate Carrie Underwood to the kind of cross-over pop stardom not seen in Nashville since Shania Twain left the scene. The strength of this album is found in songs that pull at the heartstrings. Kara DioGuardi's Mama's Song, is a track that should leave Underwood's boyfriend — Ottawa Senator Mike Fisher — melting into a puddle by the side of the rink. But the track here that shows why she is deserving of the 'most successful Idol ever' title is one that has the unmistakable stamp of Gordie Sampson, the Canadian songsmith who wrote her first hit Jesus Take the Wheel. Someday When I Stop Loving You puts aside all the techno, hit-by-committee gimmicks, and serves up a magnificent vocal performance set to a melody and lyrics that cannot fail.

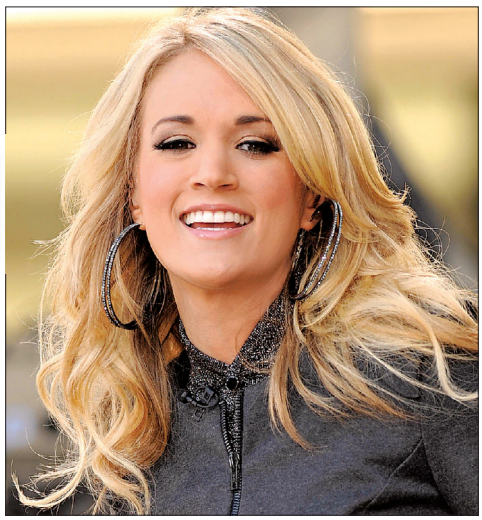
Graham Rockingham/for Metro Canada

Alex Cuba

Album: Alex Cuba
Label: Caracol
Rating: ⊕⊕⊕

THIS CUBAN-BORN Canadian's first two albums won Junos in the respected but commercially limiting "world recording of the year" category in 2006 and 2008. It's doubtful, however, that Cuba (a.k.a. Alexis Puentes of Smithers, B.C.) will continue to toil away in artistic anonymity. Cuba cowrote seven of the songs on Nelly Furtado's new Spanish language album, Mi Plan, as well as performing a duet with the multi-million selling singer on one of the tracks. So it's fortuitous that Cuba releases his most pop-oriented album of his career just as Furtado starts skyrocketing up the Latin charts. Cuba has chosen to show off his considerable talents as a singer-songwriter on this record with 13 tracks (all but one in Spanish) all upbeat in character and positive in vibe. Cuba is an exceptional guitarist with the gift of Santana, but unfortunately his licks are too often relegated to quick flourishes and fills. Come on, Alex, stretch it out a bit.

Graham Rockingham/for Metro Canada



American Idol winner Carrie Underwood has a new album, Play On.

Julian Casablancas

Album: Phrazes for the Young
Label: RCA/Sony
Rating: ⊕⊕½

THE FRONTMAN FOR the Strokes chooses to adorn his debut solo album with cheesy synthesizer licks strung over fast-paced guitar strumming and his droning vocals. It's kind of fun on the first track, Out of the Blue, especially in combination with Casablanca's self-slagging, "p— on my casket" lyrics. But by the third track, 11th Dimension, it degenerates into a low-grade parody of Human League, partly likable but mostly loathsome. Halfway through the record, Casablancas takes an interesting rootsy turn with gospel-tinged redemption song called 4 Chords of the Apocalypse and the country-flavoured Ludlow St., an ode to his own drunkeness. OK, guys, you've now got it all out of your systems. It's time for another Strokes record.

Graham Rockingham/for Metro Canada

AlbumReviews

music@metronews.ca

Slayer

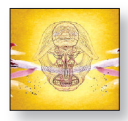
Album: World Painted Blood
Label: Sony
Rating: ⊕⊕⊕

SLAYER'S BEST QUALITY isn't its speed or over-the-top of lyrics, it's that the band members have been more or less consistent purveyors of aggressive metal since they formed in 1983. Their latest will sound familiar — wildly rapid guitars, a lyrical onslaught that's filled with violent imagery — it's not much different from many past releases. But, that's why people still flock to Slayer. Fans love the murder, anarchy and anti-religion messages, they want more of the speedy drums and crunchy riffs and these days, Slayer is one of the only name metal bands playing this type of music.

Bryan Borzykowski/for Metro Canada

Devendra Banhart

Album: What Will We Be
Label: Warner
Rating: ⊕⊕⊕



DEVENDRA BANHART, WITH his Russell Brand-like hairdo, has always been quirky and his latest — and major label debut — stays on the offbeat course. On What Will We Be the musician's created an eclectic album of soft finger-picking folk tunes, louder indie rock, chanting and even Michael Bublé-like pop jazz. It's been recorded with a full band, but it's still as intimate as if he made this alone. It's not a masterpiece, but infectious melodies and warm sounds make it an engaging listen.

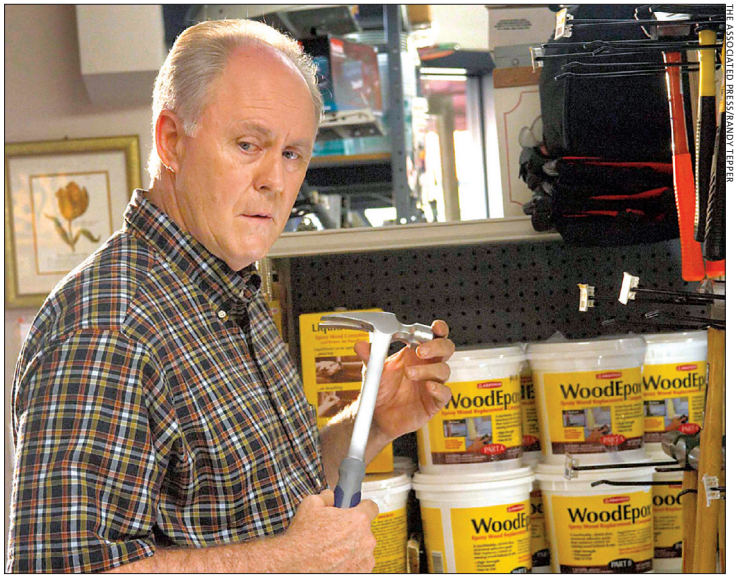
Bryan Borzykowski/for Metro Canada

Weezer

Album: Raditude
Label: Interscope/Universal
Rating: ⊕⊕½

LET'S GET THIS STRAIGHT: Weezer isn't the same band its was in 1994. Comparing the group to Blue Album-era Weezer is pointless. They were new, fresh and creative back then. Today's Weezer is so cheesy, the band wouldn't be out of place on a bill with Simple Plan. It's hard for old fans to stomach, but the tunes, including the ones off this disc, are all incredibly infectious, polished and radio ready. It might be perfect for current followers, but it's not so great for the 30-somethings who grew up with this band.

Bryan Borzykowski/for Metro Canada


THE ASSOCIATED PRESS/RANDY TEPPER

In this image released by Showtime, John Lithgow portrays Arthur Mitchell in a scene from the Showtime original series, Dexter.

Enjoying life as a serial killer

John Lithgow was going to pass on the chance to play serial killer vs. serial killer on Dexter, with an Italian vacation, cruise and his son's wedding awaiting him.

He made it to the ceremony but postponed the trip, and he credits his very understanding wife of 28 years, university professor Mary Yeager Lithgow, with pushing him into the plum job.

"She's the one who said, 'No, you've got to take the role," he recalled.

Lithgow guest stars as Arthur Mitchell, the so-called Trinity Killer whose victims come in threes and who both repels and attracts Michael C. Hall's Dexter Morgan in the Showtime drama.

Mitchell fits the profile of those that forensics expert Dexter has judged deserve to die, but he's also a singular role model.

Tempted to learn how the Trinity Killer has evaded capture, Dexter begins to make mistakes as he deviates from his protective "code," leading to a plot twist in Sunday's episode, Slack Tide.

Lithgow, who has a nearly courtly manner and is deemed a sweetheart by colleagues, enjoys bringing the death-obsessed Mitchell to life.

"This man is very two-faced, like Dexter. A serial killer by definition is a man who presents himself in a very different way to the world," Lithgow said.

"So it's an actor's field day figuring out what you reveal and what you don't." It's difficult to push such a portrayal too far given the behaviour of real-life murderers, he said.

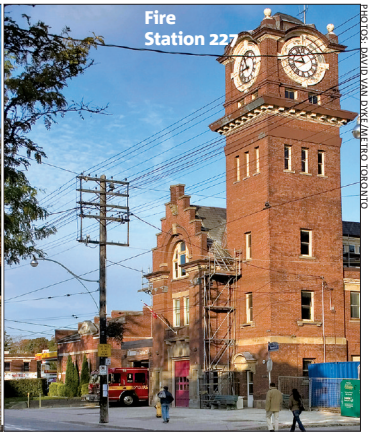
"Every one of these stories that suddenly springs up in the news, you read it and think, 'My God, how could this possibly happen? How could a human being behave this way?' — which in a way is really liberating," Lithgow said.

"You can't outdo the truth." THE ASSOCIATED PRESS

"A serial killer by definition is a man who presents himself in a very different way to the world. So it's an actor's field day figuring out what you reveal and what you don't."
John Lithgow on playing a serial killer

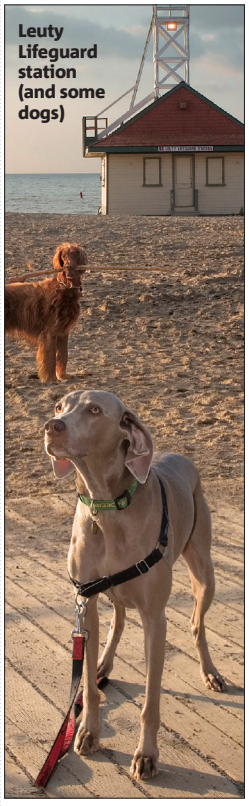
Catch the next episode of Dexter this Sunday

Beach politics
The Beach area is in the political riding of Beaches-East York, and is currently represented provincially by MPP Michael Prue of the New Democratic Party. Historically, the riding has sent only NDP representatives to Queen's Park since 1975. METRO NEWS SERVICES



PHOTOS: DAVID VAN DYKE/METRO TORONTO

The town tucked into the big city


Leuty Lifeguard station (and some dogs)

The Lowdown:

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- **AVERAGE GROSS RENT:** $1032 (City of Toronto, StatsCan)
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- **SCHOOLS:** Glen Ames Sr. PS (18 Williamson Rd.), St. Denis Catholic School (67 Balsam Ave.), Kew Beach Jr PS (101 Kippendavie Ave.)
- **SHOPPING:** IGA (2040 Queen St. E.), Organic & Natural Foods (2234 Queen St. E.), Beaches Bake Shop (900 Kingston Rd.), Green Land Produce (2190 Queen St. E.)
- **CONDOMINIUM BUILDINGS:** Modern Beach Lofts (925 Kingston Rd.), North Beach Lofts (601 Kingston Rd.), Academy Lane Lofts (1852 Queen St. E.), Greenhouse Lofts (2012 Queen St. E.)
- **TRANSIT:** Streetcars run East-West along Queen St. E., Kingston Rd. and Gerrard St. E., TTC buses run to the Woodbine, Coxwell and Main Street subway stations. RAFAEL BRUSILOW

Noteworthy

- **1.** Monarch Park Collegiate (School)
- **2.** Earl Haig Jr. PS (School)
- **3.** Bowmore Road Jr & Sr PS (School)
- **4.** Roden Jr. PS (School)
- **5.** Upper Beach Manors (condominium)
- **6.** Malvern Collegiate Inst. (School)
- **7.** Adam Beck Jr PS (School)
- **8.** Glen Stewart Park
- **9.** Glenn Gould's family home, 32 Southwood Drive
- **10.** Balmy Beach Jr. PS (School)
- **11.** Neil McNeil Catholic Secondary School
- **12.** Toronto Hunt Club
- **13.** The iconic R.C. Harris Water Treatment Plant (near Victoria Park and Queen Street East)
- **14.** Fire station 227 (1904 Queen St. E.)
- **15.** The business heart, intersection of Queen and Lee Avenues
- **16.** Toronto Public library, 2161 Queen E.
- **17.** Kew Gardens Park, 2075 Queen E.
- **18.** Leuty Lifeguard Station, bottom of Leuty Ave.
- **19.** Kew Beach (below Kew Gardens)
- **20.** The boardwalk
- **21.** Ashbridges Bay

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Kidman's reveals sex life

In the latest issue of British GQ, Nicole Kidman opens up to the magazine about the varying degrees of her sex life, The Daily Mail reports. "I've explored strange sexual fetish stuff," she reveals. PEOPLE.COM

Having fun with numbers

Entertaining economics back in sequel to bestseller

In their 2005 book Freakonomics, economist Steven D. Levitt and journalist Stephen J. Dubner used dozens of interesting anecdotes to prove a simple point: "People respond to incentives."

The authors apparently are no exception. After the book sold more than four million copies, the pair doubtless realized how lucrative a follow-up book would be.

So they followed the same model for SuperFreakonomics: Global Cooling, Patriotic Prostitutes, and Why Suicide Bombers Should Buy Life Insurance. It works just as well the second time around.

Their strategy is simple — crunch numbers about mundane topics to reveal interesting, unexpected conclusions. That's how we get answers to questions we never thought to ask.

It turns out, for example, that prostitutes tend to make more money when they have pimps. Muslim women who observe the one-month fast of Ramadan early in their pregnancy are more likely to have children with certain cognitive disabilities.

The real point is to make the science of economics a little more fun — if you learn how to ask the right questions, numbers can give intriguing answers.

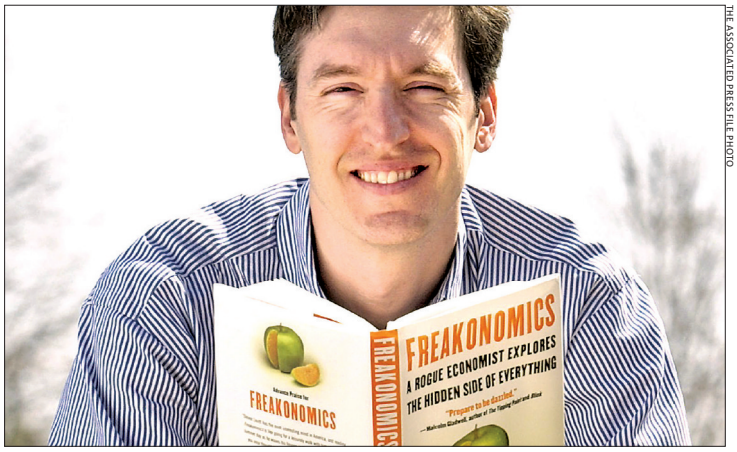
The topics are often random and mashed together in a series of tangentially related vignettes. But the writing is deft and seamless enough to keep SuperFreakonomics entertaining.

For the most part, the authors come across as folks who would make for great conversation at a cocktail party. But that changes in a later chapter when they discuss the environment.

They interview a group of scientists who propose radical solutions to extreme weather — floating pontoons to drive warm ocean water down to inhibit the formation of hurricanes, and a giant "garden hose to the sky" to pump sulphur dioxide into the stratosphere to replicate the global-cooling effect of volcanic eruptions.Here the authors seem to abandon the relative impartiality of their previous chapters.

SuperFreakonomics isn't necessarily super or freaky, but it does make economic analysis a little less dismal.

THE ASSOCIATED PRESS



THE ASSOCIATED PRESS FILE PHOTO

University of Chicago economics professor Stephen D. Levitt has co-authored SuperFreakonomics.

Book **Review**

JOEL RYAN/THE ASSOCIATED PRESS

Katy Perry poses at the press conference for the 2009 MTV European Music Awards in Berlin. The singer is hosting the show.

Plenty to learn at MTV Awards: Host Katy Perry

For Katy Perry, learning can be fun.

The singer, hosting MTV's European Music Awards for an second consecutive year, said that today's show is a chance to combine performances by artists like U2, Foo Fighters and Leona Lewis with a remembrance of the 20th anniversary of the Nov. 9 fall of the Berlin Wall.

MTV's European Music Awards airs tonight

"As much as it has to be funny, you also want to help educate my generation or the generation after me that might not know the importance of the unity of the Berlin Wall when coming down — how it really affected people's lives," the 25-year-old Perry told The Associated Press yesterday.

"It can't always be rock and roll and partying and liquor," Perry said. "You have to have a little meat on the bones."

That's not to say music fans and party connoisseurs won't go away with more than just a history lesson.

Irish rockers U2 will play a special 20-minute set in front of the Brandenburg Gate — which lies on the line that formerly divided East and West Berlin — that will be beamed to the 02 World Arena where the award show is being held.

THE ASSOCIATED PRESS

Martha's finesse in less time

Martha Stewart's Dinner at Home by Martha Stewart (Clarkson Potter, 2009): Martha's done it again. In her new book, the domestic diva offers plans of attack for 52 enticing seasonal menus designed to take no more than an hour. THE ASSOCIATED PRESS

Urban Foodie

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Hans brings heat, tingles taste buds

ANDREE LAU
CalgaryUrbanFoodie@gmail.com

Hans Restaurant
303 Centre St. W.
(403) 263-5667

Signature Dish:
Sliced garlic pork
Rating: ●●●●
Dinner & drinks for 2: $40

Hans is not a place for wallflower eaters. This is all about the wham of pungent garlic and the bam of spicy chilis.

Hidden next to a mall food court, Hans is run by the hardest working couple in Chinatown. The wife runs the front of house, carrying impossible loads of steaming hot Taiwanese dishes with her petite arms. The husband wields the hottest wok in town.

Start with the No. 5, sliced garlic pork on soya sauce ($10.50). Don't eat this with a first date or strangers. But the garlic, hot oil, and soya sauce will transport you to a whole new level of deliciousness.

Get ready to sweat with bubbling hot pots ($14.50). I'm partial to the beef one with numbing Sichuan peppercorns and hot chili flakes, swimming with tofu and pickled mustard greens.

The fish with a spicy topan sauce ($15.50) has a mellow undertone of a rice wine or beer marinade. The tilapia comes whole, if you enjoy sucking on bones, or filet-style for lazy eaters like me.

Cool things down with No. 13, stir-fried diced chicken with sweet and sour sauce ($12.50).

My favourite part: No ridiculous fake neon pink sauce.

Get addicted to No. 40, the dry-fried long beans ($12.50) with bits of salty dried shrimp, minced pork and more garlic.

The 10-table restaurant is modest, but the food is extraordinary.

On the web

- Get recipes and more great food content at metronews.ca/recipes

ANDREE LAU/FOR METRO CALGARY

Garlic pork ($10.50) and Beef hot pot ($14.50) from Hans.

Global Peasant blog

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Check out metronews.ca/globalpeasant for her recipe for Cornbread with Goat Cheese.

Dining out

HOT OUT OF THE OVEN
Take a break from Saturday chores and pick up a hot pizza fresh from the wood-burning oven at the Italian Super Market (265-20th Ave. NE), only on Saturdays noon-3 p.m.

HAPPY HOUR
The Italian Chamber of Commerce hosts a cocktail party on Nov. 10, 4:30-7:30 p.m. at Osteria De Medici (201-10th St. NW). $25 ticket includes buffet and one drink. Call 403-283-0453.

In brief

CHEF MICHAEL SMITH, TV host Ken Kostick, Canadian Living food editor Elizabeth Baird are among the presenters at this annual event every weekend in November at the Fairmont in Jasper. Check christmasinnovember.com for details.

WILLOW PARK Wines & Spirits (10801 Bonaventure Dr. SE) hosts its 16th annual charity wine auction on Saturday with a post-dance and dessert buffet. Tickets $200, proceeds go to charities. Call 403-296-1640 ext. 221.

Gosselin walks out of interview
Jon Gosselin walked out of an Entertainment Tonight interview with Hailey Glassman last night after she brought his kids into the discussion. **POPEATER.COM**

Creed making a comeback

Scott Stapp dishes on rock band's break up, reunion

BRYAN BORZYKOWSKI
for Metro Canada

It's never a good sign when a band's frontman finds out that he's no longer employed from watching TV. That's what happened to Scott Stapp, lead singer of the seminal late '90s rock band Creed.

"Someone called and wanted to do an interview," he says, about his band's break up. "'About what?' I asked. The reporter told me to turn on the TV. That's how I learned about it. Seeing it live."

It was a rude awakening for the gruff-voiced vocalist, but one he needed. At the time — the end of 2004 — he was hooked on the anti-inflammatory drug Prednisone, which started affecting his life.

"Long-term use of that stuff can make you temporarily insane, gain weight and become crazy," he reveals. "And that's what happened."

It took about two years until he finally cleaned himself up — though he was arrested in 2007 for aggravated assault — but it took even longer to repair the damage with his bandmates.

Stapp hadn't spoken to anyone in the group for four years. In 2008 mutual friends opened the lines of communication between the singer and his guitarist and long time friend Mark Tremonti. Eventually, Stapp met with Tremonti's manager who arranged a meeting between the two. Soon enough they were writing together again.

"He could see his friend was back," says Stapp. "He could see it in my eyes. We said sorry, and within an hour we were on the couch sharing ideas and playing acoustic guitar."

Creed broke up in 2004, but the band is now back together and plugging new album Full Circle.

Naturally, the songs that appear on Full Circle, the group's first record since 2001, deal with the inter-band turmoil and the struggles Stapp has had to overcome.

"This album completely defines and describes the emotions of my journey from six years ago to today," he explains. "To me the record is one big story."

While the group is still working out their issues ("it may never be how it used to be," says Stapp.)

It's clear from the album that the band is rejuvenated. They still stick to their Pearl Jam-lite formula — brash, meaty riffs, deep and growly vocals and soft overwrought ballads — but the songs emit a passion that's always lacked on their older material.

Even Stapp can feel the difference. "There's a more powerful delivery and a clear identity that reflects true nature of the band," he says.

"There's a more powerful delivery and a clear identity that reflects true nature of the band."
Scott Stapp

Despite the stronger sound, it's still unclear if the popularity they had pre-break up — they sold millions upon millions of albums — would stick with them today. So far they've had trouble selling tickets to some of their shows, and the buzz hasn't been all that loud. But a new record could change that. Either way Stapp says he doesn't care if the band's selling power has waned.

"We never had those expectations before. We never said let's sell 30 million albums and we don't now," he says. "We just want to write the best album, top to bottom, we could. That's why we're a rock band."

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CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
11/5/09 primetime	267	351 - ACCESS	Alberta Primetime (Live)		(8:01) Private Practice		FlashForward "The Gift" (N)		Fringe		Primetime
	243	317 3 CFCN	The Vampire Diaries (N)		The Mentalist (HDTV) (N)		CSI: Crime Scene Invstgtn.		Grey's Anatomy (N)		CTV News
	-	- 4 OMNI	The Office	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	Two/Half Men	Metropia
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	244	338 7 CICT	ET	Entertainment	90210 (HDTV) (N)		Survivor: Samoa (N)		The Office (N)	The Office	News Hour
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	-	370 16 KHQ	News	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Community (N)	Parks-Recreat	The Office (N)	30 Rock	Jay Leno Show
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	508	502 31 CNN2	The Joy Behar Show		Nancy Grace		Showbiz Tonight		The Joy Behar Show		Nancy Grace
sports	400	400 21 TSN	NHL Hockey	SportsCentre		That's Hockey!	SportsCentre	Off the Record	2009 World Series of Poker		World Series
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	615	520 26 A&E	The First 48 (HDTV)		The First 48		Crime 360 (HDTV)		(10:01) The First 48		The First 48
	617	522 32 SHOW	Trailer Park	Trailer Park	The Outer Limits		Da Vinci's City Hall		The Best Years (DVS)		Saving Grace
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	520	505 35 DISC	Race to Mars		MythBusters		Daily Planet		Race to Mars		Race to Mars
	620	523 36 BRAVO	(6) *Snow Cake* ★★ (2006, Drama)			PhotoXplorers	Law & Order		Without a Trace		*Wilby Wonder.*
	294	650 40 WPCH	Law & Order: SVU		*Planes, Trains and Automobiles* ★★★ (1987, Comedy)				The Office	*Planes, Trains & Automobiles*	
	626	547 41 COM	Just for Laughs		Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Hot Box
	-	539 42 TCM	(6) *Fourteen Hours*		*High Noon* ★★★★ (1952, Western)			*Mogambo* ★★★ (1953, Adventure) Clark Gable. (DVS)			
	628	584 43 SPIKE	TNA Wrestling (HDTV) (N)				Deadliest Warrior (HDTV)		MANswers	GameTrailers	Stripperella
	522	516 45 HIST	Underworld Histories		Ice Road Truckers		Ancient Discoveries		Underworld Histories		After People
	627	528 46 SPACE	Primeval		Eureka "Ship Happens"		Star Trek		Stargate SG-1 "Family"		Star Trek Gen.
	-	- 47 AMC	(6) *Any Given Sunday* ★★★ (1999, Drama) Al Pacino, Cameron Diaz.					*The Package* ★★★ (1989, Suspense) Gene Hackman.			
	619	525 49 TROP	Bob & Doug	Bob & Doug	Seinfeld	Seinfeld	The Outer Limits		ET	TV Made, Do It	Family Guy
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	504	508 70 BNN	Squeeze Play		Business News	Commodities	Market Call Tonight		Headline	Commodities	Squeeze Play
	526	507 92 VIVA	The Closer		Cold Case		Psychic Inv.	Encounters	Judging Amy		Missing
	269	350 93 APTN	Wapos Bay	By the Rapids	Over the Bolts	Moose TV	*Wayne's World 2* ★★ (1993, Comedy) Mike Myers.				Fish Out of
	-	- 94 MCP	World News	News	Sewing Maid	Kingdom-Wind	Vancouver	Shaktimaan	Dheeyan Ghar	Sadabahar	Connections
	571	581 100 MMM	Wild 'n Out	Wild 'n Out	Freddie Mercury: Magic		The Daily Fix		Wild 'n Out	Wild 'n Out	Fred Mercury
	570	580 101 MM	So You Think You Can Dance Canada				2009 MTV Europe Music Awards				Love Court
	581	566 102 MTV	Real World-Road Rules		Gone Too Far "Amy"		MTV Live	Sex, News-Roll	Peak Season	After	Gone Too Far
	-	- 116 TV5	Envoyé spécial			Cité guide	TV5 Le Journal	Vous aurez le dernier mot			Photo suisse

critics' corner

FlashForward
Alex Kingston ("ER") guest stars as Fiona Banks, a British intelligence agent who teams up with Mark, Demetri and Gough (Joseph Fiennes, John Cho, Lee Thompson Young) to investigate a Blue Hand club that may be connected to some recent suicides. Demetri admits to Zoey (Gabrielle Union) that he hasn't had a flash-forward, while Bryce (Zachary Knighton) gets help from Nicole (Peyton List) in figuring out his own in the new episode "The Gift." 9 PM on ACCESS

Parks and Recreation
Karen Walker, so good to see you back on a Thursday night! Megan Mullally ("Will & Grace") guest stars in this new episode as Ron's (Nick Offerman) ex-wife, Tammy, who runs the library. Leslie (Amy Poehler) is distressed to find out Tammy's department is trying to take over her lot, and the powerful hold Tammy still has over her ex is further complicating the matter. Incidentally, Offerman and Mullally are married in real life. 9:30 PM on CKAL KHQ

Mr. America
Here comes Mario Lopez as the Miss America pageant host. The 36-year-old Extra host and former Dancing with the Stars contestant will again serve as master of ceremonies for the Jan. 30 live ceremony in Las Vegas. THE ASSOCIATED PRESS

Celebrity Buzz

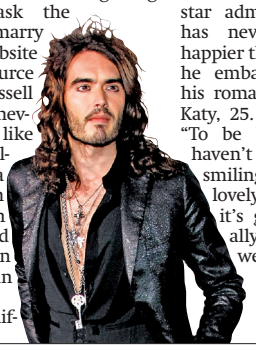
Lindsay's baffled by Gerard rumour

HE'S PROBABLY NOT SO HAPPY ABOUT IT EITHER Lindsay Lohan is baffled by reports she is romancing Scottish actor Gerard Butler, insisting the persistent rumours about her love life are all "lies," reports femalefirst.co.uk. The Mean Girls star is alleged to have enjoyed a number of flings since splitting from DJ girlfriend Samantha Ronson earlier this year. The latest tabloid claims link Lohan to The Ugly Truth star Butler after they were allegedly spotted kissing at the grand opening of a luxury beach resort in Morocco on Sunday. But she insists she wouldn't have the time to keep up with all her suitors if the rumours were true and admits the inaccurate media reports constantly keep her smiling. In a Twitter post, she wrote "One minute I'm dumped, the next I'm dating a model, now Gerard? WHO HAS THE TIME! Such lies — it keeps me laughing."

METRO NEWS SERVICES

Will Russell pop the question?

WHAT'S IT BEEN, TWO MONTHS? Russell Brand is set to propose to Katy Perry, femalefirst.co.uk reports. The British comedian — who has been linked to a string of beauties in the past and is known for his womanizing ways — has amazed friends with his new attitude to romance and pals are convinced he is getting ready to ask the singer to marry him, the website says. A source close to Russell said: "We've never seen him like this. He always has a woman on his arm, or in his bed, and hasn't been interested in monogamy. "But this is different — we all think it won't be long before he marries Katy. I'm waiting for a call to say they are in that Little Chapel in Vegas and have run off to get married."

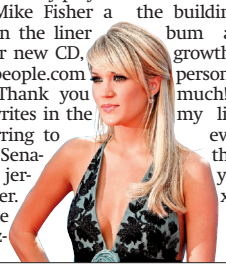


Former Oasis rocker Noel Gallagher added: "He's a changed man, Russell." The 34-year-old star admitted he has never been happier than since he embarked on his romance with Katy, 25. He said: "To be honest I haven't stopped smiling. She's a lovely girl and it's going really, really well"

METRO WORLD NEWS

Carrie gives Mike a shout-out

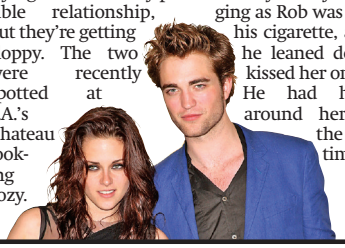
I WANT THE WORLD TO KNOW... I'M A PUCK BUNNY Carrie Underwood's given her hockey-player boyfriend Mike Fisher a shout-out on the liner notes of her new CD, Play On, people.com reports. "Thank you #12," she writes in the notes, referring to the Ottawa Senator player's jersey number. "You are the most amazing addition to my life! You are such a wonderful person and have had such an amazing hand in the building of this album and in the growth of me as a person. I love you so much! You make my life better in every way! I thank God for you every day... xoxo, Carrie."



METRO WORLD NEWS

Rob, Kristen seen making out

SHOCKING BUT POSSIBLY TRUE Twilight co-stars Robert Pattinson and Kristen Stewart may be trying to conceal any possible relationship, but they're getting sloppy. The two were recently spotted at L.A.'s Chateau looking cozy. "Rob wanted a cigarette so he went outside with Kristen for about 15 minutes," the source tells Us Weekly. "They were hugging as Rob was smoking his cigarette, and then he leaned down and kissed her on the lips. He had his arm around her almost the whole time."



METRO WORLD NEWS

Chris quashes kissing Kate story

GWYNETH COULD SO TAKE HER OUT Chris Martin's rep is denying a new Star tabloid story that claims the Coldplay rocker, 32, recently kissed 26-year-old actress Kate Bosworth, usmagazine.com reports. Star quotes an unnamed as saying that Martin was "totally making out with Kate in front of other people" at an unnamed event. But Martins rep tells usmagazine.com: "This story is entirely untrue." Martin and his wife of six years, Gwyneth Paltrow, are "more than fine," a source tells Us.

The source says the alleged Martin-Bosworth make-out "simply never happened. She may have been in the same room with him, but he is not having an affair, was not kissing her or holding her hand."

METRO WORLD NEWS

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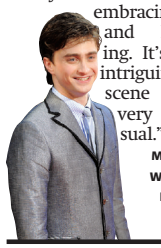
Brad shops for a bike in Japan

GOOD LUCK FITTING THAT IN A CARRY-ON Brad Pitt is using his trip to Japan for the Tokyo premiere of Inglourious Basterds to shop for a new motorcycle. "I had a little mishap. No injuries, except my ego," Pitt said about an incident in L.A. last month, according to PopCrunch. "I was trying to get away from some paparazzi and instead gave them a good story. It was my favorite bike, so that is really sad. I will definitely be looking at motorcycles. You've got some of the best builders right here."

METRO WORLD NEWS

Harry Potter gets naked in new film

HOT TIMES AT HOGWARTS Daniel Radcliffe apparently had such a good time going nude on stage in Equus that he's willing to strip again — for one of the last Harry Potter films. "Daniel Radcliffe appears naked in one scene where Harry and Ron are fighting a magical creature," director David Yates admits to Italian magazine Sorrisi e Canzoni. "We see Harry and a woman embracing and kissing. It's an intriguing scene and very sensual."



METRO WORLD NEWS

Joel makes life hard for Sparrow

JUST DON'T BE SURPRISED WHEN HE STOPS TALKING TO YOU Joel Madden admits that he and Nicole Richie had an ulterior motive in naming their new son Sparrow: to make his life difficult. "My worry raising a son in Hollywood is, what will he have to struggle for?" Madden tells Britain's OK! Magazine. "I wanted to give him a name that he's going to have to stand up for."

METRO WORLD NEWS

Celebrity tweets

Paris Hilton apparently doesn't remember fighting with her boyfriend on Halloween, Stephen Fry has to pretend, and Lisa Loeb shares one of her favorite recipes.

@ParisHilton
I had the best Halloween ever! What did everyone do on Halloween?

• @stephenfry
Appearing on "Good Morning LA" this morning so practising being perky. Car arrives to take me to the studio in 20 minutes.

• @lisaloeb4real
crushed ice w/real pineapple/coconut juice w/a huge dollop of greek yogurt on top. Eat with a spoon. Refreshing. like ice cream for bkfast

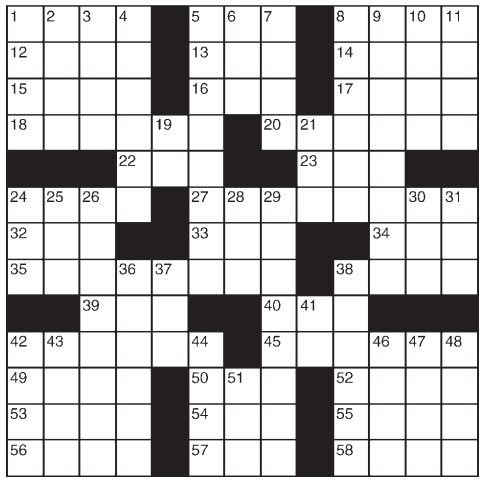
METRO NEWS SERVICES

Today High-level clouds. 15 C / -4 C
Friday Sunny. Cool. 10 C / 1 C
Saturday High-level clouds. 6 C / -3 C

BT BREAKFAST TELEVISION

Andrew Schultz, Meteorologist – Breakfast Television
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." **WEEKDAYS AT 6 A.M.**

Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

1				4		6	9	7
					7			3
		5		6	9	8		
5				7	3	1		
		7	2	5				6
		2	5	1		9		
9			4					
4	3	8		9				1

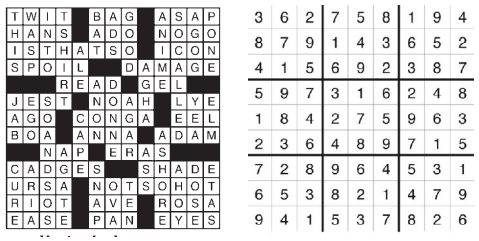
ACROSS

1 Apiece
5 Gasoline ratio (Abbr.)
8 Old card game
12 Parisian pop
13 Debtor's letters
14 Narc's measure
15 Persia, now
16 Up to, for short
17 Couple, to TMZ
18 Café royale ingredient
20 Spoofs on stage
22 Blond shade
23 "Howzat again?"
24 Scrooge's cries
27 Puts on a jury (Var.)
32 Inventor Whitney
33 Half of CIV
34 "To be or — ..."
35 Pigs out
38 Catch sight of
39 Young lion
40 Web-site address end
42 Religious retreat
45 Semitic tongue
49 Taylor or Tyler
50 Doctrine
52 Emanation
53 Queue
54 Actress Thompson
55 Peel
56 Succumbs to gravity
57 Lair
58 Low joint?

DOWN

1 Grand tale
2 Aviation-related
3 Rock climber's handhold
4 Reddish-brown dyes
5 Gone With the Wind author
6 Luau bowlful
7 Wide gap
8 Slalomer's slope
9 "Top Chef" settings
10 Sheltered
11 — River, N.J.
19 For example
21 "Eureka!"
24 Spell-down
25 Carte lead-in
26 Seeking a ride
28 "O Sole —"
29 Billy Mays, notably
30 Prune
31 Pigpen
36 Quick voltage increases
37 "The — Daba Honeymoon"
38 Set sail
41 "Aloha —"
42 Puncturing tools
43 Actor LaBeouf
44 Not very spicy
46 Destruction
47 Sea flier
48 Test the waters
51 Bishopric

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



3	6	2	7	5	8	1	9	4
8	7	9	1	4	3	6	5	2
4	1	5	6	9	2	3	8	7
5	9	7	3	1	6	2	4	8
1	8	4	2	7	5	9	6	3
2	3	6	4	8	9	7	1	5
7	2	8	9	6	4	5	3	1
6	5	3	8	2	1	4	7	9
9	4	1	5	3	7	8	2	6

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Hearty Sausage & Pepper Sauté

Submitted by Karen Green, Toronto

INGREDIENTS:
1 medium onion, sliced
4 mild Italian sausages (substitute spicy chicken or vegetarian sausages if desired)
1 tbsp olive oil
3 red, orange and/or yellow peppers, washed, seeded and cut into 1/2-inch slices
4 large white mushrooms, cut into 1/8-inch slices
salt and pepper

METHOD:
1. Heat olive oil in a large pan over medium heat. Cook sausages, remove from pan and slice into into 1/2-inch rounds.
2. Place rounds back in pan, add peppers and sauté for an additional 3 minutes, tossing to coat.
3. Add onion and mushrooms. Season the mixture with salt and pepper.
4. Sauté ingredients until onions are transparent and peppers retain a bit of crunchiness.
5. To serve, heap generously onto a bun for an open-faced sandwich, or atop cooked rice. Just as delicious the next day!

SERVES 4
PREP TIME: 10 MINUTES
COOK TIME: 10 MINUTES

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Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
It does not matter whether or not others believe in what you are doing — the only thing that matters is that you believe it, and you do.

TAURUS ♉
APRIL 21-MAY 21
Be careful who you confide in today: If you reveal a secret to the wrong person it won't be a secret for long. Keep it to yourself for the time being.

GEMINI ♊
MAY 22-JUNE 21
You're not sure what you are planning is such a good idea after all. But that's likely just a passing doubt that will disappear once you get started.

CANCER ♋
JUNE 22-JULY 22
You'll likely have a falling out today with someone who doesn't share your aims and ambitions. But it's probably just as well.

LEO ♌
JULY 23-AUG 23
Keep your eyes fixed on the bigger picture today and don't allow yourself to be distracted by events that won't take you closer to your ultimate goal.

VIRGO ♍
AUG 24-SEPT 22
No matter how much you explain to certain people what it is you expect of them, they just don't seem to get it. Maybe you should stop trying so hard.

LIBRA ♎
SEPT 23-OCT 23
Someone you live or work with is harbouring a grudge and if you say the wrong thing they won't hesitate to use it against you. So think before you speak.

SCORPIO ♏
OCT 24-NOV 22
If you take what someone tells you at face value you will be missing half the story, and the other half is more interesting by far.

SAGITTARIUS ♐
NOV 23-DEC 21
It might be wise to weigh your words in the balance, especially on the work front where not everyone shares your respect for the truth.

CAPRICORN ♑
DEC 22-JAN 20
You won't feel quite so pressured tomorrow and over the weekend, but today, alas, you will have to dance to someone else's tune.

AQUARIUS ♒
JAN 21-FEB 18
Others may say you've been lucky, but maybe you should point out to them that if they had worked as hard as you they might have been lucky too.

PISCES ♓
FEB 19-MARCH 20
Don't worry too much if you haven't started a project you've been thinking about for ages. The longer you leave it the more likely it is to be a success.

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